

How to contact us?

Toll-free booking line

1-866-752-6989 or 416-281-7299

Toll-free fax line

1-866-752-6990 or 416-281-7483

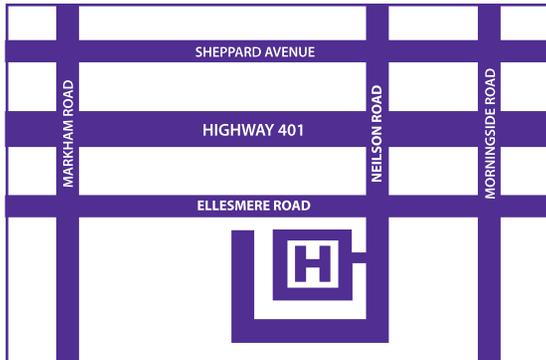
Rouge Valley Ajax and Pickering

580 Harwood Avenue, Ajax
905-683-2320 ext. 1123



Rouge Valley Centenary

2867 Ellesmere Road, Toronto
416-284-8131 ext. 4135



Our mission at **Rouge Valley Health System** is to provide the best health care experience for our patients and their families.

Our vision is to be
the best at what we do.

Our hospital campuses:

Rouge Valley Ajax and Pickering

580 Harwood Avenue
Ajax, ON L1S 2J4
905-683-2320

Rouge Valley Centenary

2867 Ellesmere Road
Toronto, ON M1E 4B9
416-284-8131

Instructions for Care Following an Angiogram



Diagnostic Imaging



The best at what we do.

www.rougevalley.ca

What you can expect

You may have slight bruising around your puncture site. This is normal and will disappear in approximately one week.

Activity

- Rest for today. You may resume normal activity within 24 hours as you feel up to it.
- Do not drive a motor vehicle for 24 hours.
- Do not lift anything heavier than 20 lbs (9 kg) for at least one week.
- You may resume your usual bathing routine after 48 hours. Do not soak in the bathtub for five days.

Diet

- You may resume your usual diet as you feel able.
- Drink extra fluids for 24 hours to help flush the contrast (dye) from your system.

Things to remember

- Keep the puncture site area clean and dry. You may remove your band-aid after 48 hours.
- If you notice swelling or bleeding at your puncture site, lie down and apply pressure using two fingers just above the site for 10 minutes. If the bleeding does not stop, then have someone drive you to the nearest emergency department.
- Do not take Aspirin® or any products containing Aspirin. If you routinely

take Aspirin, check with your doctor before restarting it. (Usual restart is in five days.)

- If you are on an anticoagulant (blood thinner), such as Coumadin® or Warfarin®, check with your doctor before restarting it.

Call your doctor if...

- You have pain that is not relieved by your pain medication.
- You develop a fever of 38.3° C (101° F) or higher.
- You have any discoloration, persistent swelling, numbness or the affected leg becomes cold.

Remember...

- If you have questions or concerns, please speak with your surgeon or family doctor.
- You may also contact Telehealth Ontario (24-hour service) at **1-866-797-0000**.

Follow up

If you do not already have a follow-up appointment, call your doctor's office to make one for the following date:

Please note that this brochure contains only general guidelines that may be changed as specified by your doctor.

Additional notes

Supporting your community hospital

The Rouge Valley Health System Foundation partners with the community to invest in state-of-the-art medical equipment and capital construction projects. You can help the Foundation ensure that your local community hospital delivers the best quality of care by making a donation.

Call the Foundation at **416-281-7342** or **905-683-2320 ext. 1501** or donate online at www.CanadaHelps.org.